



The Survivor's Handbook

www.womensaid.org.uk/survivors_handbook



A new online resource from Women's Aid for women living with domestic violence. Available in eleven community languages, The Survivor's Handbook provides practical help, support and information for women experiencing abuse. The Survivor's Handbook provides simple and accessible guidance on every aspect of seeking support.

The Survivor's Handbook includes information on:

- * Safety planning for women experiencing domestic violence.
- * A guide to legal protection.
- * The effects of domestic violence on children.
- * Details of housing options along with a range of refuge and other domestic violence services.
- * How domestic violence can affect health, including mental health issues and alcohol and drug use.

The Survivor's Handbook is produced by Women's Aid and supported by The Body Shop.

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